



Values Exploration

Use the list below as a starting point to get your thoughts going. Circle up to 10 values from the list (or ones you choose yourself).

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|-----------------------|---------------------|
| Accomplishment | Leadership |
| Absence of pain | Loyalty |
| Abundance | Nature |
| Achievement | Openness |
| Adventure | Orderliness |
| Altruism | Personal Growth |
| Autonomy | Partnership |
| Avoidance of conflict | Physical appearance |
| Beauty | Power |
| Clarity | Privacy |
| Commitment | Professionalism |
| Communication | Recognition |
| Community | Respect |
| Connecting to Others | Romance |
| Creativity | Safety |
| Emotional Health | Security |
| Environment | Self-Care |
| Excellence | Self-Expression |
| Family | Self-Mastery |
| Flexibility | Self-Protection |
| Freedom | Self-Realization |
| Friendship | Sensuality |
| Fulfillment | Service |
| Fun Holistic Living | Spirituality |
| Honesty | Trust |
| Humor | Truth |
| Integrity | Vitality |
| Intimacy | Other |
| Joy | |

TOP 10 VALUES

List your top 10 values from the previous page and rank them in order of importance to you.

VALUES

RANKING

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Complete this step before looking at the next page.

REORDERED VALUES

Final Step: Cross off those 10 values in the order in which you're willing to give them up. You may be surprised when you compare your original ranking with this order. These steps not only help you get clear on your values, but help you get really clear on the relative importance to you of those values.